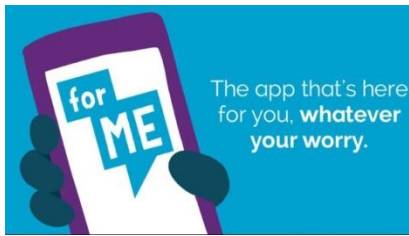


Useful Contacts:

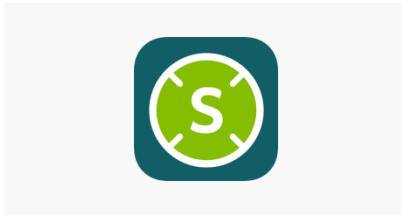


•Childline

0800 1111

childline.org.uk

Support for children and young people in the UK, including a free 24-hour helpline.



•Samaritans

To talk about anything that is upsetting you, you can contact Samaritans 24 hours a day, 365 days a year. You can call 116 123 (free from any phone), email jo@samaritans.org or visit some branches in person. You can also call the Welsh Language Line on 0300 123 3011 (7pm–11pm every day).



•SANEline

If you're experiencing a mental health problem or supporting someone else, you can call SANEline on 0300 304 7000 (4.30pm–10.30pm every day).



•**The Mix**

If you're under 25, you can call The Mix on 0808 808 4994 (Sunday-Friday 2pm-11pm), request support by email using this form on The Mix website or use their crisis text messenger service.



•**Papyrus HOPELINEUK**

If you're under 35 and struggling with suicidal feelings, or concerned about a young person who might be struggling, you can call Papyrus HOPELINEUK on 0800 068 4141 (weekdays 10am-10pm, weekends 2pm-10pm and bank holidays 2pm-10pm), email pat@papyrus-uk.org or text 07786 209 697.

*Responses from email and text are not immediate



•**YoungMinds**

Provides support and advice to parents and carers worried about the emotional wellbeing or behaviour of a young person in their care with confidential expert advice.

youngminds.org.uk

Parents Helpline – call 0808 802 5544



•**OCD Action**

www.ocdaction.org.uk

A place for support and information to anybody affected by OCD.

Helpline: 0845 390 6232 (Mon-Fri 9:30am - 5pm)



•**Anxiety UK**

Infoline: 03444 775 774

Mon-Fri 9:30am - 5.30pm

Weekend between 10am -8pm (During the coronavirus pandemic to provide a weekend service)

Text Service: 07537 416 905



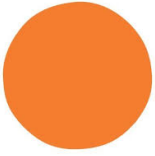
•**NHS Recommended Mental Health Helplines**

<https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/>

•**NHS Create Your own Wellbeing Plan**

https://www.nhs.uk/oneyou/every-mind-matters/your-mind-plan-quiz/?WT.tsrc=Search&WT.mc_id=Brand&gclid=EAIaIQobChMI86bYjL216AIV-V-DtCh1mgw4GEAAYASAAEgJmXfD_BwE

Apps:



•Headspace

Mindfulness for your everyday life. Stress less. Move more. Sleep soundly.

www.headspace.com

www.headspace.com/covid-19



•Action for Happiness

Helps people take action for a happier and more caring world.



•Calm Harm

This app is around self-harm minimisation and strategies.



•Stay Alive

Suicide prevention app.



•**STOPP**

An app to help to stop the vicious cycles of anxiety and depression and other unhelpful behaviours. Based on CBT (Cognitive Behavioural Therapy).

YouTube:



•**Joe Wicks (The Body Coach)**

Free workouts videos for all ages and currently doing live PE lessons for kids and parents/carers every morning at 9 am for 30 mins.

<https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>